Engaging Seniors in Our Communities
(originally published in SPRA DIRECTION Magazine)

To ask how to engage seniors in our community begins the question, because if we have a community at all, our seniors have already been engaged for decades (albeit not as seniors). One might ask why they disengaged, or did they? Were they pushed? Certain stereotypical attitudes towards seniors can tend to isolate them, as would be the case for any components of our community. Do our children know that their interests and contributions are welcome? Do minorities? Are there any groups within our community who appear distant, who tend not to participate, who live in a parallel but separate “mini-community”? Which came first, the chicken or the egg?

To be a “community” we should best engage all members, without general exclusions based on gender, age, race, religion, sexual orientation, or disabilities; even knowing that specific characteristics of each group may need unique accommodation. Excellent articles in previous editions of DIRECTION explain how to “build communities”, how to engage youth, how to promote Active Living. Apply those same approaches to seniors, et voila. But one might ask, “Why”? Why should we try to engage seniors in our community?

In its simplest form, a community without seniors would be as abnormal as one without children. Many military bases are bustling

(continued on page 17)
Saskatchewan Seniors Mechanism

is an umbrella organization that brings together groups of older adults who offer their wealth of experience, knowledge and time to work together in the interest of seniors in Saskatchewan. From a wide range of backgrounds, these groups work selflessly to better the life of older adults, whether advocating about issues of interest to seniors, providing specific types of programming, or sharing information to benefit seniors in our province.

‘Seniors Working Together’

Donations to SSM to support our seniors’ programs are gratefully accepted. Charitable receipts will be issued for gifts of $15.00 or more.

Organizations represented on the SSM Board are as follows:

- Canada Post Heritage Club—Golden Sheaf Chapter
- Catholic Family Services—Four Leaf Clover
- Fédération des aînés fransaskois
- Moose Jaw & District Seniors Association
- National Association of Federal Retirees
- Regina Senior Citizens Centre Inc.
- Saskatchewan Federation of Union Retirees
- Saskatchewan Seniors Association Incorporated
- Saskatchewan Seniors Education Corporation
- Saskatchewan Senior Fitness Association
- Saskatoon Council on Aging
- Senior Power
- Superannuated Teachers of Saskatchewan
- Women of the Dawn

www.skseniorsmechanism.ca

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A special thanks to our advertisers who make this publication possible! Inclusion of any advertisement does not indicate endorsement of the product or services by Saskatchewan Seniors Mechanism.
Targeted Initiative for Older Workers – Putting Your Wisdom to Work – We offered two programs, one in Regina and one in La Ronge, which provided people who are 50+ with an opportunity to update their job search skills. We are partnering with Dimension 11 on this. Funding is from Human Resources and Skills Development Canada and Saskatchewan Advanced Education Employment and Immigration. The Regina graduation took place in late November and La Ronge graduation was just before Christmas.

Fraud Cent$ Toolkit – This project has officially ended, but we will still have English and French Toolkits and handbooks available for some time to come. We are also continuing to do some presentations.

Elder Abuse Prevention and Response Network – We are in the planning stages for the next roundtable gatherings, one of which will be held in the Battlefords sometime in the new year.

Housing Task Group – We have prepared a brief to share with government sometime early in the new year. It includes information gained in our housing surveys.

Moving Beyond the Gap – We are in the planning stage of a conference on fitness for older adults with special health considerations. The event will be held March 6-7, 2012 in Regina.

Aboriginal Fitness Project – This is being offered in partnership with Women of the Dawn who are coordinating the project.

Pensions Resolution – SSM was able to be a part of a press conference organized by Saskatchewan Federation of Union Retirees. We used the opportunity to make known our AGM resolution calling for the protection of members of defined benefit pension plans when those plans are closed out.

Century Club – We held gatherings at the TPAC Centre and at College Park Retirement Residence. We were pleased to recognize Jack Rennie who received the Centenarian Award at Celebrating Seniors, and to present certificates to Vesta Pickel who turned 100 and to Marie Quiring who is 102.

Congratulations – The SaskTel Pioneers celebrated their 100th anniversary and the Regina Branch of the STS celebrated their 40th anniversary!

Nominations – Beginning with elections at our 2012 AGM, our Board will be elected rather than being made up of one member from each of our member organizations. If you know of someone who you think might make a good Board Member, please contact the SSM Office for more information.
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Membership Drive to raise initial operating funds for community owned business offering not-for-profit prices.

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As you read this letter the election will probably be over and all the fuss and rah rah rah will be over for 4 more years. I hope that all the signs that decorated front lawns, streets and highways will be collected and either saved for another year or disposed of in a clean environmental mode. When all the dust has settled and the successful candidates have congratulated each other it will be time to get down to business and start to fulfill all the big promises made. Lots of promises were made and lots of money it seems to be spent. I just hope that some of the money comes the way of the poor, the sick and the needy.

I had a couple of questions that I would like to have asked Mr. Wall. If as you say you don’t like rent controls, then how about a rent freeze until such time as the promises you have made to build thousands more housing units for those people on limited income is a fact? If any of the housing is for seniors then please remember these three words in association with their housing needs: Affordable, Accessible and Decent. Affordable speaks for itself, accessible is a reminder not to have 80 and 90 year olds walking up and down multi flights of stairs, and decent just means that they deserve accommodations that will enable them to continue to live in a place that they can be pleased and proud of.

Another question for you, Mr. Wall?

You have reminded us constantly just how pleased you are that you have taken many thousands of seniors off the tax rolls and I for one commend you for that. However, have you given any consideration to the down side of that particular move? I wonder do you realize that by doing that you have taken money out of their pockets. For instance, if as seniors we are no longer paying taxes, how do we get back the money we have to spend when on our doctor’s advice we have to travel long distances to be examined, diagnosed and treated? When we were paying taxes I could at least claim some of the expenses related to travel, parking and meals, but if we are not paying taxes all that expense comes directly out of our own pockets. In order for you to make you and your party popular with seniors you did something that now causes me and thousands like me to spend money that we can ill afford. From paying minimal taxes to paying maximum expenses, this is surely a case of good intentions being overtaken by poor consequences. As a senior I do admit to spending quite some time looking over my shoulder, reminiscing about the days that are past, past maybe, but not forgotten. Although there are people who say it does no good to look at the past, I say ‘Why not’? I believe, and I’m sure not alone in thinking this, that we have to look at the past in order to learn from our experiences and mistakes. Maybe there are people who believe that they have never made mistakes, and if that’s true then the ranks of the saints will be increasing. However we ‘normal’ folks will continue to test the quality of today by comparing it to yesterday.

Poverty and homelessness appear to be on the rise according to the media which would indicate that a problem that was viewed yesterday as troubling is today being viewed as serious. The problem of poverty amongst seniors has been with us for a good many years and no amount of promises of great tomorrows has been able to change that. Huge surges in the new home and condo construction markets are in evidence but as yet no big surge in housing for those people on a limited income. The big question is ‘why’? The social service department must be totally over their budget helping the poor with housing as the rental prices seem to be going sky high.

Food banks are constantly asking for more and more help with donations of food for those in need, and a great thank you has to go to everyone who contributes, but they know that it will only get worse if action is not taken to help those in need.

It may all sound like doom and gloom, what with the Roughriders out of the playoffs and all. However the simple fact is that both the Roughriders’ management and the future government of this province are going to have to take a long hard look at what is wrong with their operation and take steps to correct it.

We celebrated Armistice Day on Nov. 11th and when we consider the sacrifices made by all those veterans of W.W.2, Korea, Afghanistan and every other country young men and women of Canada have served in, we should not forget that solemn promise made, "We will remember them". Not just on that one particular day but on every day that passes, continuing to thank them and ensuring that not one veteran, whether healthy or otherwise, is forgotten.

Today we live with the hope that indeed tomor-
row is going to be beneficial for every one and not just the ‘haves’. We may do well also to remember that 167,000 seniors, and that number is growing every year, have fewer and fewer tomorrows left, so today would be a good day for any changes to be made.

In the meantime seniors will continue to make the best of what they have today, and also help those folk in need around them. It’s what we did yesterday, and what we plan to do tomorrow.

Keep active, stay healthy and be kind to each other.

-Len Fallows, President SSAI.

1st Vice President’s Report
Sheila Righi

Bowling
S.S.A.I. Sixth Annual, “Bowling Tournament”, will be on March 11 & 12, 2012 (Sunday, Monday) at the “Minto Rec Centre”, in Prince Albert, Sask. The entry fee is $150.00 per team and includes 6 games of bowling plus a hot meal (banquet) on Sunday at 5:30 p.m. Extra banquet tickets are $20.00 each.

New, this year is a draw for a set of “Bowling Balls,” valued at $140.00, plus other draws.

Medals will be awarded to the top 3 winning teams. Brochures have gone out to all “Senior Clubs” and sanctioned “Bowling Lanes,” in the Province. Entry deadline is January 31, 2012.

Again we are requesting all Clubs donate an item to our Silent Auction.

Letters of request to businesses in Prince Albert have been delivered by Clara Aillard again and I have received several of these already. I have received entries from three teams, so, everyone is getting excited about having fun and meeting old and new acquaintances.

This is always a very busy time and I’m looking forward to seeing everyone again.

Wishing you all a “Merry Christmas” and a “Happy Healthy New Year”.

Respectfully,
Sheila Righi

Saskatchewan Seniors Association members attend the National Pensioners and Senior Citizens Federation convention held at Charlottetown, PEI, Oct. 20th to 22nd, 2011.

Gull Lake Senior’s Report
The October meeting of the Gull Lake Senior’s was held October 13 at 4:30 p.m. followed by a potluck supper, with 26 members and guests attending.

It was brought to our attention that Phyllis Henderson’s and Thorleif Moens’ names were missed from our report of guests attending our over 90 Tea.

Communique from Jamie Nelson, representative of Purple Shield, was read and discussed. She would like to offer our members and any guests a seminar on pre-planned funerals, at a date and time of our choosing. The decision was made to invite
Jamie to come and date and time will be advertised.

October Bingo is set for the 28th at 2 p.m.

Our guests were Lawrence Pommier & his wife, June, of Shaunavon and Leo Wengel of Swift Current, Lawrence who is the Director for this Region which includes Districts 28, 29, 30, and Leo is our District 29 Representative. They both spoke to us detailing regional and district business and dates of regional Meeting in Stewart Valley in May, and Provincial Convention in Saskatoon in June.

Following adjournment we all enjoyed a most delicious supper, and a few stayed to play cards afterwards.

Lawrence Pommier and his wife June from Shaunavon were special guests at the Gull Lake Seniors meeting.

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**Shaunavon Seniors Begin New Season with General Meeting**

Submitted by Laurence Pommier

Twenty-four members attended the Seniors meeting held on Monday, October 11th at the Hall at 2 p.m.

Regular business consisted of reports of activities, cards, bingos and snooker.

It was decided to have shuffleboard and snooker tournaments on Thursday, October 27th starting at 9 a.m. Anyone interested in shuffleboard should contact Trudy Wagner and those interested in playing snooker phone Alex Pogany.

We have purchased a wreath for Remembrance Day.

Unfortunately, we have a large expenditure to our facility due to vandalism either late Saturday night, October 8th or early Sunday morning on the 9th when someone broke out a thermo-pane window on our hall with a beer bottle. Damage will exceed $1000 to replace this window.

Our guest speaker at our member’s meeting was Terri Berglund, Program Manager for Philips Lifeline. She spoke about the benefits of having this service for seniors who may have health issues or a risk of falling. This device would contact anyone designated by the patron on a moment’s notice.

Our pancake supper will be held at the hall from 5-6 p.m. on October 18th. Everyone is welcome.

Our next meeting will be held on November 8th at 2 p.m.

The Director’s Report, submitted by Lawrence Pommier.

I was asked to attend the Gull Lake Seniors meeting on the 13th as they have recently reorganized their club and I informed them of the benefits of belonging to our SSAI. This meeting ended with a pot luck supper.

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**Shaunavon Pioneer Senior’s Group**

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**Tournament Time**

The Shaunavon Pioneer Senior’s group held their first pool and shuffleboard tournament of the season last week. The event drew 19 pool players...
and 16 shuffleboard players. Winning the A side in the pool tournament was the team of Jack Hughes and Bernie Webber while the B side winners were Ron Ereemenko and Robert Hagen.

The team of Dorothy Hesch and Pauline Kessy won the shuffleboard tournament while Trudy Wagner and Elaine McNabb won the B side. The next tournament will be staged on Nov. 24th.

**Congratulations**

![Image of Bernice Lawrence](image1.jpg)

**Bernice Lawrence**

Nov. 29, 2011 (100 Years). Born and raised at Hanley, Sk. Now residing in a care home in Regina. Bernice lived in her own home (alone) at Hanley until she was nearly 99 years of age.

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**Aneroid 50 Plus Inc.** started out in June 1981 with a 28 x 50 building. With our potluck supper crowds and only 1 of 2 places for gatherings along with being distributors for Crystal Fresh water, quilting frames, pool table & shuffleboard it was getting a bit congested. Oct. 26/10, with member and community volunteers, saw the start of a 20 x 24 addition which was sheeted & shingled by Nov. 6/10. The winter was spent finishing & painting inside with a Grand Opening on Oct. 14/11. The evening began with a catered supper for 60, a short speech by president Ken & ribbon cutting.

The ribbon was held by two charter members & cut by our two oldest members, Dayton & Julie Hulbert (96 & 92). Serving of cake, musical entertainment and visiting completed the evening. Special guests were Lawrence & June Pommier of Shaunavon.

Submitted by

Gladys Raymond (sec/treas)

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**Oct 14/11 Grand Opening Supper for Aneroid Seniors Building**

**Addition to Aneroid 50 Plus Building**

**Dayton & Julie Hulbert (96 years & 92 years)**

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And A
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Solution Page 23
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Today the TelecomPioneers are the largest industry based volunteer organization in the world with over 650,000 members. On October 14, 1947 Saskatchewan Chapter 59 chartered their membership in the Telecom-Pioneers and since has grown to 12 clubs across Saskatchewan and a volunteer base of 4200 caring and community minded individuals. Our success has been built on the principles of Fellowship to each other, Service to our communities and Loyalty to our sponsor company SaskTel, which also includes the subsidiaries of DirectWest and SecurTek.
with activity, with intensely engaged adults and with a challenging range of activities for youth. But the noticeably absent component on those bases is the missing older adult contribution. Civilian communities don’t need to suffer that void. Seniors can bring perspective and experience to community planning; a first hand perspective of all of life’s stages, and an appreciation of life’s social, economic, and even meteorological cycles, plus that deep seated experience of hard lessons from sure success and too-oft repeated failures.

Seniors usually have more free or available time during the working day than other adults occupied in child-raising and the work force. While often mocked for their archaic practices, seniors actually remember practical skills from years spent close to the earth, before the days of virtual activity. In terms of physical and mental capability, the majority of seniors are strong, resilient and independent, enjoying their so-called retirement years, either here or in more hospitable climes. Do you need a mentor for a youth initiatives project? Do you need off-court officials for youth sports? Do you need “greeters” for events? Do you need fundraisers or patrons for major undertakings? Ask a senior. Even better, pair younger adults and seniors in two member committees, or best, include three generations in committees in order to generate real synergy, and to promote intergenerational understanding as a by-product.

What about the “frail elderly”? Of course, there are some seniors who reflect some documented characteristics of aging: grey hair, baldness, failing eyesight, hearing loss, wrinkled skin, stooped, weak, limited mobility, sedentary, or perhaps dementia … all the joys of aging! All must be valued in our communities, not just for past contributions but also for their appreciative patronage. Consciously bringing children and the elderly in close contact gives genuine meaning to life for both, and promotes a community-sustaining understanding of the human condition. Isolating “seniors” creates a wide range of problems, both for the seniors and for the community.

Bottom line. Ensuring that community programs are open, inviting, and accessible to seniors is important not only to seniors’ well-being, but to the health of the community too. In whatever activity our communities promote, there will be bountiful benefits whenever we strive to make those activities as intergenerational as possible.

Yeah But……

Your past cannot be changed but you can change tomorrow by your actions today. Too many of us believe that our past governs our future. However this is simply not true. It is what we do now that governs our future. If we are living in our past, and a lot of us do, we will not change our future. A very close older relative of mine when asked by her grandson why she always talked about the past, not her life today, she said, “Yeah But’ I have no future so I talk about the past”.

Let’s not fall into this trap! As we get older, we need to impart to the youth our past and the lessons we learned but we also need to put forward what we feel about the future. We will always have a future until the day we leave this earth.

My past is great, ‘Yeah But’ my future is better!

- John Knight

(Continued from page 1 Engaging Seniors in Our Communities)

Churchbridge in Bloom Committee
For more than 100 years we have seen the stability of Crown Corporations in Saskatchewan. Unlike our neighbours in other provinces and other countries, the people of Sask. value the way of life that is offered here. People are coming back to Sask., or moving here for the first time because of the Sask. way of life.

All too often, public utilities are thought of as commodities, rather than essential services. Private corporations operate to maximize the profit for their shareholders and nothing else. Water, power, energy, telecommunications, transportation, and insurance services are only a few of the areas in which Sask. people are considered first and foremost. That’s how we want to keep it. Private businesses operate for profit, where Crown Corporations operate for people.

For more than a century, SaskTel has been providing exceptional service to the people of Saskatchewan. This organization reaches incredibly far into our communities every year. In the most recent annual report, SaskTel stated that over $678 million had been spent with Saskatchewan-based suppliers and donations to non-profit organizations.

Perhaps if the government had not demanded that SaskTel, as well as other Crowns, hand over one hundred per cent of their dividends, the company would have more available to reinvest into the infrastructure. Instead, the government has insisted on transferring debt to our Crowns while taking away all of their dividends. Murray Mandryk said it well in the Star Phoenix, "After the Saskatchewan Party government found itself in a self-induced budget crunch in 2009 caused by overestimating potash revenues by $2 billion, it poached 100 per cent of the dividends from all Crown corporations except SaskPower in 2010."

Through government tactics and various investment restrictions, our Crowns that have sustained annual revenue gains in this province have already begun to find it difficult to continue offering affordable services. In fact, since the current government took power in 2007, SaskTel can no longer proudly boast about offering the lowest aggregate utility bundle in Canada. Although prices are still competitive, the Sask. government is apparently no longer committed to keeping them the lowest. Saskatchewan is in an apparent boom—who is seeing the benefits?

In late November Premier Brad Wall, finding himself frustrated with SaskTel service, advised the public, “One of the challenges of growth is the increased demand on SaskTel service and attendant drops etc. This challenge must be met.” This sparked considerable media attention and an online poll on CTV Regina’s website asking people whether or not the Sask. provincial government should “get out of the telecommunications business.”

One could also question the restrictive Sask First policy that the government remains supportive of. A policy that demands that Crowns, including SaskTel, not invest outside Sask. at all, or inside Sask. in any areas that compete with private industry. This policy has been the excuse for the privatization of SaskTel to begin with multiple pieces being sold off, including Navigata, Hospitality Network (HospNet), DirectWest Canada, AgDealer, and Saskatoon Square. Although the government defends the sale of these subsidiaries by claiming they are providing products or services that are not core to SaskTel’s business, we are once again left with more questions than answers. For example, HospNet provided telephone and televisions services – are these not core services?

Most notably of late might be Navigata. Although this organization did not provide SaskTel with steady income, Navigata including the company’s physical assets was sold for only $1.25 million. At that time, the purchase price was minuscule compared to the estimated value for all of the physical assets and infrastructure.

Recently, the new owner of Navigata chose to redirect the core focus of the company, resulting in the sale of their microwave communication towers for $18 million. Ken Cheveldayoff, former Minister of Crown Corporations, insisted at the time that subsidiaries would not be sold off at fire sale prices, but with time, we have started to see the truth.

As a province we need to support our Crowns and their continued growth and prosperity. The Premier and his entire caucus should be looking at ways of reinvesting in SaskTel, and our other Crowns so that the province continues to see the benefits of having strong, publicly-owned companies.

Some say the “grass is always greener on the other side,” but the people of Sask. know that the grass truly is greener right here at home. These are our Crowns. This is our province. This is our future.
We are entering a season of joy and love. Christmas is upon us and will be over at the end of December. However, the Spirit of Christmas will hopefully remain with us through the year. Christmas is a time of love, a time of joy, a time of giving. However at this time of year, we have more despair than at other times. We have a lot of pressure on us to shop till we drop. It would be nice to go back to the old time Family Christmases that we used to have when I was young. There was not the money around like there is now. Christmas was more a time to visit, to renew family relations, to spend time with neighbours and friends.

Wouldn’t it be nice if we could keep a spirit of Christmas in our hearts throughout the year? If we worked for the common good? There is so much these days about bullying and hurting others. Why not turn this around and love each other! Care about each other!

Albert Schweitzer said, “There is no higher religion than human service. To work for the common good is the highest creed”.

Service is about caring, about loving! When we serve, we forget our problems as we immerse ourselves in serving others.

Keep the Christmas spirit throughout the year and I will guarantee you that your life will be happier and more fulfilled!

-John Knight
Seniors and Stress

Chronic stress is harmful to people of all ages, but for older adults its effects can negatively impact their overall health and well-being.

The “golden years” of old age are often characterized as being relatively stress-free, a time for slowing down and enjoying the pastimes one never had time for during the hectic “working years”. But the usual suspects that cause pre-retirement stress still lurk in old age, joined by new stressors that are common amongst the elderly. There are many healthy stress management strategies older adults can use to minimize the stress:

Exercise: Just as exercise is one of the best ways to prevent falls, it is also an excellent way to reduce stress. Energy levels are increased and endorphins released, leading to clearer thinking and an improved self-image. Just be sure to consult with a healthcare professional before starting any exercise regimen.

Diet: Eating nutritious, balanced meals helps ensure mind and body have the fuel they need to deal constructively with stress.

Ask for help: Talking with a trusted family member, friend or healthcare professional at the very least releases pent-up stress, and may even lead to a solution.

Investigate helpful tools and services: There are many services available that can help to reduce or eliminate stress. For example, a medical alert service like Lifeline can provide valuable peace of mind for seniors and caregivers alike. Knowing that help is available 24/7 at the push of a button can reduce stressors related to personal safety. Similarly, Lifeline with AutoAlert® provides an added layer of protection by automatically placing a call for help if a fall is detected and you can’t push your button because you are disoriented or unconscious.

To find out more, call Lifeline Saskatchewan in partnership with Saskatchewan Seniors Mechanism at 1-800-856-0599 or visit www.lifeline.ca.

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Increase to Guaranteed Income Supplement

Since July 2011, the Government of Canada’s new top-up to the Guaranteed Income Supplement (GIS) has helped Canada’s most vulnerable seniors. If you have little or no income other than Old Age Security (OAS) benefits, you are eligible to receive (in addition to your regular GIS payment) additional annual benefits of up to $600 for single seniors and up to $840 for couples.

You don’t need to apply for the top-up; it is automatically included in your GIS benefits. Recipients of the Allowance and the Allowance for the Survivor for are also eligible for the top-up.

The new top-up is separate from the quarterly adjustments to the OAS benefits. OAS benefits, which include the basic pension, the GIS and the Allowances, are revised in January, April, July and October, using the Consumer Price Index.

Who is eligible for the top-up?

The new GIS top-up is intended to help those most in need. Not including your regular OAS benefits, if you are single and have an annual income of $2,000 or less, you are eligible for the full increase of $600 per year. If you are part of a couple that has an annual income of $4,000 or less (not including your regular OAS benefits), you are eligible for the full increase of $840 per year.

If you have an annual income of more than $2,000, or are part of a couple with an annual income of more than $4,000, (excluding you regular OAS benefits) then the amount of the top-up will be gradually reduced. It is phased out at the income level of $4,400 for singles and a combined income level of $7,360 for couples who both receive GIS benefits.

How do OAS benefits work?

OAS benefits, including the GIS, are designed to help seniors meet their immediate, basic needs and maintain a minimum standard of living in retirement. Eligibility for GIS and the Allowances, and the amount you receive, are based on your annual income, or the combined annual income of you and your spouse or common-law partner. This ensures that the people with the lowest income receive the most GIS.

The GIS benefit is calculated once a year, at the beginning of July, based on the previous year's net income as reported when you filed your income tax return. As part of the OAS benefits, it is also adjusted quarterly using the Consumer Price Index from the previous quarter.

It is important to know that you have to apply for the GIS benefit, but you only have to apply once as long as you file an income tax return every year. Ensuring that Canadians receive the benefits for which they are eligible is a priority for the Government of Canada.

How do I find out more about the GIS benefit?

If you have any questions regarding how your retirement income will impact your entitlement to the GIS benefit, you should contact Service Canada at 1-800-277-9914 (English) or 1 800 277-9915 (French).

To learn more about the GIS benefit and the new increase, please visit www.servicecanada.gc.ca

submitted by Service Canada
Gray Matters notes the passing on November 2, of Pearl Lutzko of Ituna—Saskatchewan’s oldest super senior. She was a model for the Saskatchewan Century Club and for us all. At the age of 112 years, Pearl was still fully engaged in the life of her family and friends.

Peal Lutzko was born in the village of Chortikiw, Ukraine on Feb. 15, 1899, and arrived in Saskatchewan with her immigrant family in 1907 after fleeing the chaos and warfare of pre-Soviet Ukraine. She married John Lutzko in 1915.

“They farmed near the community of Goodeve until his death in 1975, but she continued to live on her own until at the age of 104 when she moved to a seniors’ residence in Ituna,” wrote Emma Graney of the Regina Leader Post.

“When the community celebrated its 100-year anniversary last summer, a small group of centurions— including Pearl— were perched atop a float paraded down the main street. She loved that— it made her feel like a queen.

“On her 111th birthday last year, her grandson Darrell says she even had the family pretty much convinced she had a boyfriend.”

She was the mother of seven children, of whom four— Pauline, Rosie, Allan and Edward— survive her. She was grandmother to 29, great-grandmother to 55, great-great-grandmother to at least 26 — and counting. She will be forever loved.

Vesta Pickel celebrates 100 years
accompanied by niece Gaye Beechy

Marie Quiring celebrates 102 years
accompanied by daughter Miriam

Telephone Pioneer Activity Centre—Thank you to Marilyn Lorence and the TPAC Centre for hosting a special birthday celebration for Vesta Pickel who turned 100 on Oct 18, 2011. Also in attendance was Marie Quiring who turned 102 on October 20, 2011.
College Park Retirement Residence hosted the November Regina Century Club Gathering. It was a pleasure to have John Rennie present and recognize him as the recipient of the Centenarian Award originally presented at Celebrating Seniors in October, 2011. His grandson accepted the award in Saskatoon on his behalf.

You may join the Century Club by calling:
• Toll free 1-888-823-2211 or 306-359-9956
• or send a note to:
  SK Seniors Mechanism
  112-2001 Cornwall St, Regina S4P 3X9

The Saskatchewan Senior Fitness Association (SSFA) will be holding the Provincial 55+ Games in Saskatoon, July 3, 4 & 5, 2012. Contact Ariane Zerr, Chairperson, Saskatoon Host Committee at (306) 382-4699 for information about the events and volunteer registration.

The 2012 curling playdown will be held on March 27, 28 & 29 at the Canora Curling Club in Canora. The deadline for entry is March 6th. An added feature is the stick curling (2 person team). For more information, contact Eleanor Murray @ 563-4160.

If you are interested, the Canadian Open Stick Curling Championship will be held in Regina April 3, 4 & 5, 2012 at the Highland Curling Club. For the championship tournament information, contact Gordon Garratt @ 545-6693.

Saskatchewan Seniors Mechanism is collecting stories about Life in Saskatchewan over the last century. We are compiling a book called A Century of Memories

Please send submissions to:
ssm@skseniorsmechanism.ca or Saskatchewan Seniors Mechanism
112-2001 Cornwall St.
Regina, SK S4P 3X9 For info: 306-359-9956

Please note: By submitting an item, you are giving SSM permission to publish it. All published authors will be acknowledged.

Suggested Topics
• Holidays
• School Days
• Outhouse
• Transportation
• Church & Faith
• Family
• War & Post War
• Food
• Farming
• Social Activities
• Great Depression
• Animals/Pets
• Neighbours
• Clothes

Saskatchewan Seniors Mechanism is a non-profit organization which brings together Saskatchewan seniors’ organizations for the purpose of contributing to a better quality of life for older adults.

Donations to support SSM are gratefully accepted. Charitable receipts will be issued for gifts of $15.00 or more.

Donations may be sent to: Saskatchewan Seniors Mechanism, 112-2001 Cornwall Street, Regina, SK S4P 3X9

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